



THE

SPECTRUM

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"SHEDDING LIGHT ON CAMPUS NEWS SINCE 1983"

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TWEETS of the Week

@stephwhelan

"Nothing screams college more than writing a paper the day it's due."

@alihoag

"Told my mom I was in the library doing homework, she replied 'lol.'"

@janexelizabeth

"I just wanna know why it's November 16th and almost 60 degrees. #Iwantsnow"

"Tweets of the Week" are taken from a public forum on Twitter. Tweets are opinions of the individual and do not represent the opinions of Sacred Heart University or The Spectrum Newspaper. If you want to see your Tweet in the newspaper, use the hashtag #ShuSpectrum and you may be featured!



Syria's Civil War Now Europe's War

Paris attacks shock world, mark ISIS's first violence outside of Middle East

BY ASSOCIATED PRESS

LONDON (AP) — What started as a distant civil war in Syria, with rebel factions challenging the authoritarian government of President Bashar Assad, has become Europe's war, with no easy end in sight.

Although Assad still clings to power, four-and-a-half years of conflict have turned Syria into a failed state, providing a haven for Islamic State militants who are a key cause for the exodus of migrants to Europe, and have used Syria as a base for plotting bloody assaults on Europe as well.

The coordinated attacks in Paris brought suicide bombing to France for the first time and left 129 dead, driving home the dangers of having an extremist group in control of territory so close to Europe. The attacks come as Europe is divided and vulnerable to social and economic shocks.

Anand Menon, professor of European Politics at King's College London, said the Islamic State group is attacking at a time when EU unity is already badly frayed by a prolonged financial crisis, Russia's intervention in Ukraine, and Britain's attempt to redefine its relationship with the EU ahead of a referendum on whether to abandon the bloc. Europeans are also increasingly at odds over whether to welcome or reject the refugees in their midst.

"Islamic State is pushing at an open door," said Menon. "If their intention is to divide Europeans, this is happening already. You take what they said: That this attack is retribution for French intervention in Syria. This infects the British debate about getting involved in Syria, and will make the Germans more allergic to using force. Europe is very fragile right now."

He said the financial crisis is opening a "north-south" divide, with Italy and Greece feeling the pain of EU-imposed austerity cuts in public spending, even as they cope with ever larger refugee numbers.

There is no European consensus on whether to use more force against Islamic State strongholds, and no consensus on how to cope with the arrival of so many people seeking a better life in Europe.

As some European leaders use air strikes to try to weaken IS in its self-declared Caliphate in parts of Syria and Iraq, the radicals' siren call has seduced some European Muslims, triggering a small but steady flow to Syria, with some returning home with murderous intentions.

Full details of the planning are not yet established, but the slaughter of civilians on a balmy November night made clear the radicals' intention to bleed Europe as well as Syria and Iraq.

At least one of the attackers appears to have blended into the flow of hundreds of thousands of refugees seeking safety in Europe. A Syrian passport found at one of the sites had been traced back through the refugee trail from Macedonia to Greece.

The Islamic State extremists have relied on modern methods to penetrate European society. They use social media acumen to lure new recruits from Europe, a passage eased by jet travel that can bring newcomers to the continent within hours, and IS used their social networks to claim responsibility for the orchestrated Paris killings.



A CARD THAT READS "WE ARE UNITED" IN FRENCH PLACED AT A MEMORIAL IN PARIS.

AP PHOTO/MARKUS SCHREIBER

At the same time, the flow of refugees from war in Syria and elsewhere has exposed a fundamental weakness in the 28-nation European Union, making it abundantly clear that Europe's rattled leaders do not agree on how to cope.

The concepts of open borders and the free movement of people, foundation stones of the EU integration project, are being challenged as never before.

Time and again, at emergency summits, the EU has announced solutions to the refugee situation with little subsequent impact on the deteriorating conditions on the ground.

More than 700,000 people have arrived in the EU so far this year, and EU officials have been unable to process them in an orderly way despite announced relocation plans and quota systems.

Eastern European countries have been reluctant to implement EU mandates requiring them to accept more refugees — with Hungary's parliament rejecting the plan and Slovakia planning to challenge them in court — and the divisions are expected to deepen now that there is a tentative link between the Paris attack and the refugee flow.

Poland's incoming minister for European affairs, Konrad Szymanski, said that in light of the Paris attacks, Poland cannot implement an EU agreement to accept 7,000 refugees — and must implement stricter border controls with security concerns paramount.

The unresolved battle for supremacy in Syria has also has spiked tensions with Russia, which backs the Assad government and has used its bombs to attack not just Islamic State strongholds, but also those of some more moderate rebel factions backed by Europe and the United States.

Russia, too, has paid in blood for its Syria policy. The IS extremists blamed Russia's bombing campaign for its apparent downing of the Metrojet airliner over Egypt that killed 224 people last month.

In Europe, the attacks, coupled with the migrant crisis, are sure to fuel the "keep them all out" view embraced by far-right leaders. The migrants can expect to feel this backlash as they arrive in Europe with high hopes and few possessions, and Europe's millions of

law-abiding Muslims worry about an increase in the suspicions directed their way.

Any stiffening of anti-immigrant and anti-Muslim sentiment suits the militants in Syria. Analysts say they want more, not less, political polarization in Europe.

The Islamic State group expresses a deeply felt hatred of what it calls "infidels" and opposes European beliefs in personal liberties, freedom of expression, and the separation of church and state. In a statement claiming responsibility for the coordinated attacks, IS called Paris "the capital of prostitution and obscenity." IS believes in the glory of religious-based martyrdom — in fighting to death at home and now on European soil.

The impact of Syria's meltdown goes far beyond the borders of France. It includes the huge economic cost of housing and resettling so many displaced people all at once.

It's been felt in Britain, where Syria-based extremists have proved adept as using social media to lure young men and women into their ranks. British officials are seeking new powers in Parliament to expand surveillance operations to "detect and disrupt" what is said to be an unprecedented number of plots. They are specifically targeting Internet communications favored by IS recruiters.

Prime Minister David Cameron said Monday seven planned attacks have been thwarted in the last six months and that the government is aware of Syria-related cells operating inside Britain.

It's been felt in Germany, which has seen more than 750,000 migrants flood across its borders this year. Chancellor Angela Merkel has stuck with her catchphrase "we will manage it," but her optimism is finding less and less support within her own conservative bloc — especially in Bavaria, the entry point of almost all of the newcomers.

And while it is in Paris that the Syria fallout is most acute right now, all of Europe finds itself reeling from a harsh wake-up call.

"What makes this new is that Europe has spent a long time since the Cold War thinking it lives in a safe world," said Robin Niblett, director of the Chatham House research group. "Now it finds itself in the middle of an incredibly dangerous neighborhood."

News

“ We have excellent resources, and it goes without saying that our faculty and staff go above and beyond to help all students, especially veterans. ”

- Jon DeBenedictis

Get Out of Jail Free Card for Those Under 21?

Gov. Daniel Malloy proposes raising the age of juvenile responsibility

BY ALLY D'AMICO

Co-News Editor

Connecticut Governor Dannel Malloy has recently suggested an idea to reclassify the age in which offenders of non-violent crimes are tried as juveniles. Under this restructuring, people up until age 21 would be considered juveniles. Currently, that age is set at 17 and under.

In 2007, Connecticut passed legislation that increased the age from 15 to 17, making it one of 41 states with this age of juvenile responsibility. Now Malloy hopes another change will help young, low-risk, offenders avoid long-term incarceration.

Not only will this aim to keep low-level offenders from becoming lifetime criminals, but also to give them a second chance by providing reduced penalties and offering various programs for those between 21 and 25.

“Governor Malloy’s criminal justice philosophy is ‘justice reinvested,’” said criminal justice professor James McCabe. “The state looks to reduce the prison population by diverting people from prison to community-based programs. These programs are considered less punitive and more effective in rehabilitating offenders and reducing recidivism.”

Malloy is calling these proposals “Second Chance Society, part two,” the first part being his previous initiative that reduced penalties for drug possessions.

The focus of this second part is “ensuring nonviolent offenders are successfully reintegrated into society and become productive workers in Connecticut’s economy,” according to a report on Connecticut’s official state website, ct.gov.

Since it is difficult for prisoners to get jobs and student loans once they are released, this change would give low risk offenders a second chance to move on without a criminal record.

Some of the logic behind this suggested change has to do with the age at which our brains develop.

“Science is telling us that the human brain does not stop developing well into our 20s. From a neuropsychology perspective, people under the age of 20 might not fully appreciate the consequences of their actions and might be easier to rehabilitate,” said McCabe. “Therefore, keeping them out of prison and in a community based, rehabilitative program might be a better alternative.”

Senior Alyssa Bonacum also believes that development is something that should be taken into consideration. “I think it’s a good idea to raise the age because we aren’t even fully matured until our 20s. I can think of choices I made when I was 17 that I would have never made at 21,” she said. “That’s why I think maturity is an underlying factor with this.”

Science may play a role in this decision, but another significant influence is the cost of keeping these offenders

in prison.

“Prison is expensive. It costs about 50K per inmate in Connecticut,” said McCabe. “Reducing inmates can reduce some of these costs.”

Part of this expense is simply due to the fact that there are a large number of defendants that are kept in jail because they can’t afford small bail amounts. Revamping the bail-bond system, which Malloy also hopes to do, would cut these costs.

One worry that comes with changing the age of juvenile responsibility is that Connecticut would be the first to raise the age above 17.

“No one knows for sure if this is the right approach. Connecticut is in uncharted waters here. No other states have an age of responsibility this high,” said McCabe. “This could have a negative impact on crime. Some offenders are dangerous and need to be incapacitated. Diverting them from prison may not provide the degree of public safety we are looking for.”

According to ct.gov, Connecticut’s crime is at a 48-year low. Violent crime over the last four years has dropped 36 percent and criminal arrests by approximately 28 percent.

“We have to do more for our young people,” said Malloy during the Connecticut Law Review held at the University of Connecticut. “We must be smarter about our policies. We must end a cycle of crime and create the opportunity for success.”

Veterans’ Adjustment to SHU Life Gets a VITAL Boost

BY ALEXA BINKOWITZ

Staff Reporter

As a veteran’s time in active service comes to a close, the new challenge of adjusting back to daily life begins.

Integration into daily life can be confusing and overwhelming for a veteran, especially one who also wishes to return to school.

The Veterans Integration to Academic Leadership, or VITAL, is a program that works to provide healthcare and mental health support for returning veterans, while also helping them adjust to college and university lifestyles.

“The Veterans Integration to Academic Leadership (VITAL) is a program of the Department of Veterans Affairs Mental Health Services,” said Amy Kaplan, the VITAL Program Coordinator. “Currently, there are 27 VA medical centers that have VITAL, and each center serves approximately 6-8 colleges and universities.”

Sacred Heart University is now one of those participating universities.

VITAL also offers free tutoring, work study opportunities, coping strategies for restlessness and

attention issues, and counseling for ongoing post-traumatic stress disorder patients.

“VITAL services are available to any veterans eligible for VA healthcare. Services provided on campus vary from case management, to advocacy at the VA and the school, to direct mental health services,” said Kaplan. “Veterans can enroll in VA healthcare through VITAL, a service that can often seem overwhelming.”

The program is also newly partnered with Sacred Heart University, which works to help veterans that are interested in getting an education here adjust to a university lifestyle.

“I think Sacred Heart University does a great job in helping student-veterans on campus. We have excellent resources, and it goes without saying that our faculty and staff go above and beyond to help all students, especially veterans,” said Jon DeBenedictis, admissions recruiter and academic advisor for the University College. “Since partnering with the VITAL Program, this has only strengthened our resources for Veterans and the ways in which we can assist them in achieving their academic goals.”

Student veterans are also satisfied with the work the VITAL program has done so far and attribute their

progressive adjustment to the program’s resources.

“The importance of this program is indescribable. It helps veterans going through the transition from military to student on so many different levels,” said freshman Nicholas Quinzi, a veteran of the United States Marine Corps. “We go through a transition class while still in the service where a lot is covered in such a short period of time, so it can be overwhelming. Having someone at the school makes knowing your benefits and ways of getting help much easier.”

On Nov. 11, Red’s Pub hosted an event for student, faculty, and staff veterans to announce the launch of a Veterans Club on campus, and introduce the partnership with the VITAL program at Sacred Heart.

“The atmosphere was amazing, especially since we got to announce the start of Sacred Heart University’s very own Veterans Club, which happened to be another reason for the event,” said Quinzi. “Overall, just being able to be among my peers reminiscing about different duty stations, training events, good, and bad times made it worth while.”

For more information on the VITAL program and their mission, visit their website at <http://www.nyharbor.va.gov/services/vital.asp>.

Student Government Senate Inquiry Boxes

Have a suggestion, question, comment or concern related to campus experience here at Sacred Heart?

Simply fill out a Senate inquiry form, place it in the box, and it will be brought to the attention of Student Government Senate. Senate meets once a week to discuss matters and work on solutions to best fit the needs of members of the campus community.

Boxes are located throughout campus and can be found in:

Hawley Lounge

Ryan Matura Library

Outside of the Public Safety in the University Commons

Martire Center second floor Public Safety desk

Spectrum Now Hiring: Advertising Manager

The Spectrum newspaper is looking for a hard-working, self-sufficient individual with experience in the advertising field to fulfill the open position of advertising manager.

The position, beginning in spring 2016, involves selling ad space on and off campus, and billing and collections. As well as working closely with The Spectrum editorial staff in a fast-paced weekly newspaper publication environment. The recipient of this position will receive professional training as well as commissions for successful ad placement.

Interested in applying for the position or have any questions?

Please contact The Spectrum faculty advisor, Professor

Joanne Kabak (kabakj@sacredheart.edu)

Applications are due by Monday, Nov. 23

Perspectives

Are We Really Alone?

SHE SAID

MELANIE...



The other day, Anthony and I were having just your average editor-to-editor conversation about life, the universe, and everything in between.

It was then that he asked a question that took me by surprise.

"Do you believe in aliens?"

That's when we knew we had our topic this week.

I'd like to start off by saying that I am a firm believer in a lot of things that I'll never understand.

Now, I'm not a religious person and I don't think that an all-powerful nonhuman lump of stardust or nebula created the world and everything that comprises it.

I do believe that we can go places after we die, and if you read my Halloween article, you already know how I feel about the spirit realm.

Naturally, I believe in aliens too.

My belief in extraterrestrial lifeforms might stem from my favorite genre of literature: science fiction.

There's something so thrilling about thinking there could be other creatures in the world that we have not yet met or come to understand.

I'm here to say that if you don't believe in aliens, I totally respect your opinion.

Then again, your opinion would be wrong.

Think about this for me:

Think about our planet, and then the planets that surround it. What we consider to be our universe is just one little grain of sand in the metaphorical beach that makes up our galaxy.

Now add our galaxy to thousands more galaxies. The entire universe is so big that we cannot even fully wrap our tiny human brains around it. It would be foolish to think nothing else existed within all that space.

Another reason aliens exist is all the

sightings of them. Sure, we can rule out the few crazies, but there's a reason people keep finding crop circles and unidentified flying objects and that's because they keep showing up. I stand with Tom DeLonge.

I have to say, one of the biggest reasons I believe in aliens is the Pyramids.

We claim to be the most advanced species of animal, so why can't we recreate the Pyramids?

We're smarter now, and have more technology. We should be building more massive and impressive world monuments... Shouldn't we? And yet, we can't even build something our Neanderthal ancestors made thousands of years ago. Why? Oh, maybe because... Aliens put the pyramids there. (It's a stretch, I know. Go with it).

It would be absolutely selfish on our part if we thought we were the only form of intelligent life in this intergalactic universe.

If there are aliens (which there totally are), they are definitely smarter than us. I mean, come on. We've developed personal hover boards to take us wherever we need to go, and for some reason, we still can't figure out childhood obesity. Go mankind.

Am I worried about aliens coming down and trying to take over our universe?

Not at all. I'll tell you why.

All of our attempts to connect with other lifeforms have been horribly boring.

I'm pretty sure the only things we've broadcasted into space have been classical music and I highly doubt any alien overlord wants to rule some insignificant planet with bad taste in music.

Now, if NASA handed over the auxiliary cord to me, we might have a different situation on our hands.

Melanie and I don't always agree, but we do agree that aliens must exist. They have to.

I do believe in God, but I also believe there is a strong possibility God has other creations he let loose into other parts of the galaxy. How would we know? Maybe the guys who wrote the Bible heard something, but were too afraid to give them a shout out? We really wouldn't know.

But yeah, extraterrestrials are out there. This is my version of ESPN's First Take, and I'm going Stephen A. Smith on this one.

Remember that recent "Navy submarine missile test" that people thought was aliens at first? Well, people should've trusted their guts.

Barstool Sports founder David Portnoy was right. It was aliens.

Honestly though, I can't think of a cooler creature than a human that could exist.

We've had Cleopatra, Jesus, Martin Luther King, Jr., Coco Chanel, Robin Williams; and we currently have the likes of Pope Francis, LeBron James, Jennifer Lawrence, Natalie Portman and Kristaps Porzingis. Those are two intimidating starting five lineups, no matter what planet you come from.

Perhaps those rosters will combine for the human team in Space Jam 2...? That's only under the condition that Kanye West is the sixth man, of course.

He'd probably want it that way, if you think about it. He can win Sixth Man of the Year, then take the MVP award the following season and have the credentials to justify calling himself the best intergalactic basketball player. Then he can get back to making hit records and selling t-shirts for \$800.

The point is, humans may not know much about aliens, and those who claim to know about them are probably

crazy, but ETs have to be out there.

And we're definitely better at basketball than them, for the record. If you've seen Steven Spielberg's classic film "E.T. the Extra-Terrestrial," then you know what I'm talking about. That little alien wouldn't beat a tortoise in a foot race.

I bet they don't even have tortoises, or any animals as cool as them, on alien planets. Earth just keeps winning in these examples.

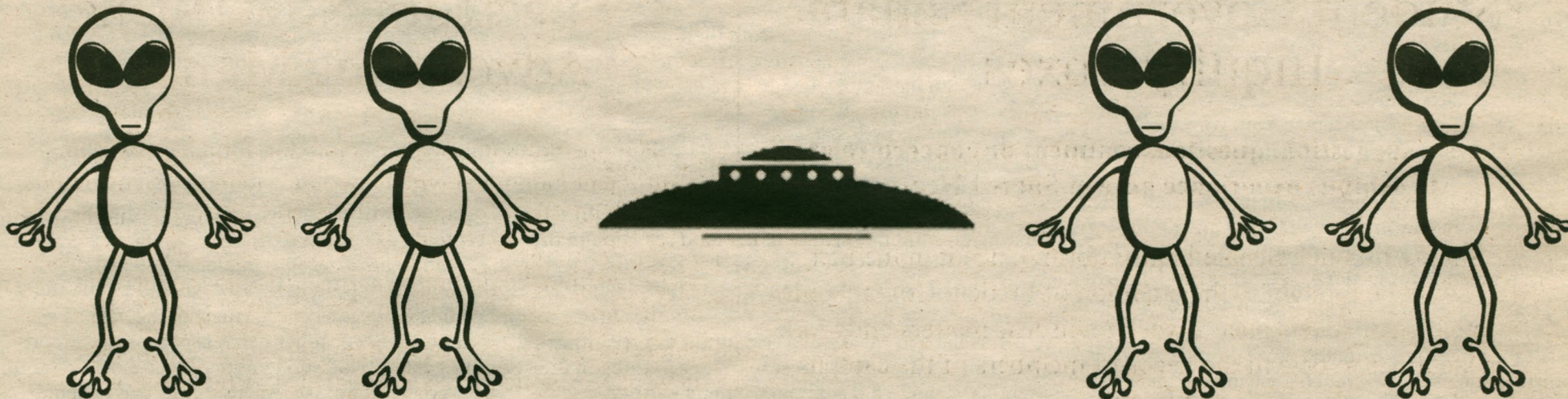
In all seriousness, I may be talking a decent amount of trash about these aliens, but it's all in good fun. They're probably interesting creatures. Perhaps they even have a sense of humor?

If they do like comedy, then I'd put them on to some Bill Burr and Louis C.K. That'll get them accustomed to America as good as anything. The self-deprecation might be a little too much like cold water on the face to wake up for them, because I know they're confident in their abilities to dominate us, but they'll learn.

I also have to make sure they know I'm a believer in their existence so they don't target me first when they do actually visit us. You can never be too careful.

What I'm starting to think about, actually, is the possibility of species from other planets looking like humans. I know it's an outrageous thought, but could it be? Even if they started out looking like the creepy aliens from the "Transformers" movies, I'm sure they can develop a way to change their appearance and slip someone into Earth's society, those sneaky aliens.

Regardless of what seems realistic or not, I feel aliens exist. I don't know anything about them, what they do, what their education background is, or what their 401k portfolios look like, but I think they're out there.



Poet's Corner

"Soulmate"

By: Junior Viki Caputo

Sailing across a sea of faces and names, I look out from afar
Out along the shore, I see a shadow, dancing along to the beat of nothingness
Under the stars of the night sky, it moved gracefully with the rhythm of the waves
Lighting up with the stars, I felt its shine pierce all the way through me
My eyes locked in on its undeniable beauty that radiated from the inside out
And in that moment, I could swear that time stopped.
Time stood still for us, and in that second, I knew everything I needed to know.
Eternity will be ours, and you, you will be my everything.

Perspectives

Thanksgiving: The Forgotten Holiday?

BY ANTHONY MATTARIELLO
Staff Reporter

The month of November is the time of year where the leaves start to change and people recall what they should be thankful for in their lives. Apparently, November is also the month where people stampede over each other for ridiculously discounted items. With all this commotion and built up hype for Christmas season, it leaves us to wonder: What about Thanksgiving?

People and businesses seem to push aside Thanksgiving and focus on Christmas. Recently, there have been more efforts to acknowledge the holiday both on campus and in the surrounding area.

“Thanksgiving is great, it’s actually my favorite holiday, but the Christmas season is such a magical time of the year. It’s that time when joy and love are all around you so I think it’s great to start the season as soon as possible,” said junior Cailey Smith.

Despite the hype around Christmas, is there a limit to how early we can begin to celebrate?

“Considering people start playing Christmas music and putting up their Christmas decorations right after Halloween, people definitely look over Thanksgiving,” said junior Kaitlyn McNicholas.

Other students think that Thanksgiving isn’t being pushed aside, there’s just much more effort that’s put into Christmas and Halloween.

“Nothing is happening to Thanksgiving. People still get together to eat an immense amount of food. People still give thanks for all the things they have. It’s just that most people get more amped for Christmas so that holiday is marketed more,” said freshman Joseph Fox.

Why is it that there’s such a focus on Christmas?

“I just think that there isn’t as much hype for Thanksgiving. Thanksgiving doesn’t have as much build up because all the preparation can be done in a day or two. Whereas Halloween you have to decorate and buy costumes, and Christmas you also have to decorate and buy presents,” said Smith.

Corporations are becoming so fixated on making large profits for the holiday season they open their doors on midnight the day after Thanksgiving for Black Friday shoppers.

“I’m not a huge fan of stores opening up at midnight on Thanksgiving. It takes away from people being with their families and appreciating what they’re thankful for. I’m going to the city this year on Black Friday for a play so I will most likely not participate in the Black Friday chaos early in the morning,” said

McNicholas.

Some people think the shopping experience adds to Thanksgiving and makes way for Christmas celebrations.

“I get pretty excited for Black Friday. I do almost all my shopping for Christmas then. Got to love those deals,” said Fox.

Even though Thanksgiving may seem like a holiday simply to prep for Christmas, many still love and partake in the Thanksgiving celebrations.

“My mom and I watch the parade together in the morning. Later, my brother and I usually watch whatever football games are playing that day. Thanksgiving is usually pretty laid back for my family so it’s nice to just hang around the house with them,” said McNicholas.

Sacred Heart students get three days off of classes this year to celebrate the holiday.

“My favorite activities for Thanksgiving are eating and spending time with my family, who I don’t get to spend time with that often now that I’m away at school,” said Smith.

Even though most people focus on getting their sweet deals for Christmas, it’s clear that students are excited to see their families and are thankful for home cooked meals.

No Shave November: Facial Hair with Purpose

BY ALEX DECHINO
Staff Reporter

When you think of November, what comes to mind? “Probably being home with my family eating a big Thanksgiving meal,” said freshman Ryan Smith.

For many Sacred Heart students, November is a month filled with turkey and preparation for the holidays.

However, there is another ‘holiday’ in November that has been gaining popularity.

“Well you can’t forget about Movember and no-shave November obviously,” said junior Keith Klebart.

No-Shave November began in 2004 with the mission to raise awareness, and money, for cancer patients who lose their hair due to treatments such as chemotherapy.

Men began growing out their beards for the entire month of November and raising money for cancer research.

No-Shave November, otherwise known as Movember has emerged, focusing on men’s health and raising awareness for prostate cancer.

According to the official Movember website the slogan of the health campaign is, “Changing the face of men’s health.”

No-Shave November is becoming more popular each year, with men all over the world trying to grow out their beards or mustache during the month of November.

“Usually I just keep mine maintained, but when November comes around I just let it do its own thing,” said sophomore Patrick Robinson.

Men can raise money for the cause alone, or they can gather a group and fundraise together.

For some men the movement can be seen as a trend. Beards and mustaches have become a new fashion craze, but now have an added benefit of helping to save lives.

Men who participate in No-Shave November donate the money they would have spent on their monthly hair-maintenance to the cause.

“I keep my beard year round now, but I had no clue that’s what it was for,” said junior Jon Jorge. “My friends and I would just have a bet to see who can grow their’s longer.”

No-Shave November is widely recognized by men,

but women think it is fun as well.

“I love it. It’s so funny seeing all the guys trying to grow out their beards and seeing the ones who just can’t,” said junior Katharine Sharkey. “I like how they are still giving money and actually helping other people in a simple way.”

Not only are the beards helping save lives in the month of November, but many have taken the average beard and made it into something completely different: male beard art.

Popular Instagram accounts specialize in male beard art by men decorating their beards with items such as food, Christmas ornaments, paint, glitter, and more.

So what about those who just cannot seem to grow a beard?

“Every year I always try and every year it looks terrible, so I shave it mid-November,” said junior Nick Alessandrini. “I still like to donate to the cause anyway though.”

To donate to No Shave November’s mission, or start a team, visit their website: <https://www.no-shave.org>

Will Veganism Become the New Norm?

BY JENNIFER BAUCH
Staff Reporter

Would you be able to cut out meat, dairy, and all other animal-derived products from your diet?

If so, it sounds like you’re ready to switch to a vegan lifestyle.

“I personally love animals, and hate to think of the atrocious way they are treated by the meat industry,” said senior Katie Paquette. “But the decision to become a vegan is yours alone. I feel that line somewhat gets crossed when you begin forcing your decision on others.”

Veganism differs from the more popular vegetarianism, which solely eliminates meat from one’s diet. There are various types of vegetarianism, such as pescatarianism, which allows for the consumption of fish and seafood.

This vegan lifestyle diet has been gaining popularity since 2010.

“I have tried the vegan lifestyle numerous times and the longest I went with being vegan was two months,” said junior Natalie Loffreno.

Vegan diets are a strict way of eating that only consist of plant-derived foods. Aside from not being able

to consume meat or dairy, vegans completely eliminate poultry, fish, and eggs from their diet, as well as anything else that comes from an animal.

Although incredibly healthy, the demanding vegan lifestyle is not for everyone.

“It’s difficult to be vegan at college because of the lack of food choices available and my busy workload,” said Loffreno.

Even vegetarian students have found difficulties eating on campus because of the food selection in the dining halls. Some students feel that the university has limited options to accommodate their dietary needs.

“It is hard to eat out at a restaurant or on campus because it’s hard to make sure that everything in the food is vegan,” said sophomore Kelly Lafronz.

Many restaurants also have menus dependent on meat and dairy products.

“Since I became a vegetarian last December, the biggest struggle is eating on campus. It would be beneficial if our main dining hall had a vegetarian/vegan station,” said junior Rachel Proffitt. “It helps that I live off-campus because I can do my own grocery shopping and buy food that I am able to eat.”

Although many believe that the vegan lifestyle is the healthiest way to live, others have major health

concerns about veganism and vegetarianism, because of the lack of iron and nutrients in these strict diets.

“It’s interesting to live with someone who is a vegetarian because I always wonder how she gets enough protein. If it weren’t for my concern about protein I probably wouldn’t eat meat at all,” said Proffitt’s roommate, junior Erika Thomas.

There are also some vegetarian students that are concerned with their own diet and the health risks of becoming a vegan as well.

“I think that a vegetarian diet definitely limits the amount of protein I would eat and I don’t think I could be a vegan because most of the meals I eat contain cheese or other dairy, especially in campus dining halls,” said sophomore Abigail Roche. “I think if I were to follow a vegan lifestyle, I would definitely not be eating a balanced diet.”

Although vegan diets may be challenging, some students that are able to maintain this lifestyle have benefited greatly from eliminating all foods that are not plant-based despite facing challenges.

“I first went vegan for lent this past year and I have continued with it ever since,” said Lafronz. “I think that my diet has become much more natural and I eat a lot less processed foods, which has been a benefit for me.”

Editorials

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Follow Your Dreams

ALEXA BRISSON
ASST. PHOTOGRAPHY EDITOR



Cesare Pavese once said, "we do not remember the days, but the moments." The last day that I spent with my grandfather, I couldn't help but feel a sense of sadness and despair. My papa simply kept saying to always focus on the moments. At the time, I did not understand. I only wanted more time with my grandfather, 15 years wasn't nearly enough. Finally, as a junior in college, I now understand exactly what he meant.

I used to find myself constantly saying, "I can't wait until tomorrow" or "I can't wait until I'm 21," wishing my life away. I am now beginning to understand the beauty in a single moment. There is a certain feeling that you get when you take a second to stop and think where you actually are in the world and how far you've come. I believe that is how my papa lived his entire life, solely focused on the moments.

My grandfather was not only an amazing man, but a great musician, golfer, and hunter. These were his favorite hobbies and he indulged himself in them every single day. He used to say that yes, there is a time to work hard and accomplish tasks in order to achieve your dreams, but you must not forget to enjoy every step of the way. The dream isn't worth it without the moments of impact that you experience throughout the journey.

Five years later, I am finally growing up to realize that he was a smart man, and I live by his words each and every day. Since I've been in college I have lived every single moment to the fullest and it has been the best two and a half years of my life. I've gone through injuries, happiness, heartbreak, love, and disappointment all trying to make this dream of graduating college and being successful come true. These moments of impact are what

have shaped my experience and made it one that I will always remember.

I have a yearning passion to be successful in this world and will not stop at any cost. My family has embedded in me all of the necessary tools in order to do so. I've realized that within these moments you learn about yourself and what you're capable of. In my two and a half years of college I've learned that I am stronger than I think and can handle various things before I let them break me. This has really helped in the dream chasing process. I've also learned that I am not easily distracted by the chaos around me, I am able to draw in and focus on the task at hand.

On my nineteenth birthday, I wanted to do something in remembrance of my papa. I also wanted to signify all of the moments that I have embraced and the dream that I am chasing. I got a tattoo, which reads "Follow your dreams, love papa." It is tattooed in my grandfather's handwriting as a quick reminder to live each day as he did. He had such a lasting impression on every life that he touched, I just wanted to make mine more permanent so I would never forget to follow my dreams and enjoy the ride.

So for all of you go-getters out there that are so quick to wish your life away and to get to where you want to be, don't forget that you can never have this moment back. Take a break from studying and enjoy all of the beautiful things that college has to offer. Embrace your journey and learn from the experiences. The dream will be well worth it.



News Flash: Embrace the Failure

NATALIE CIOFFARI
ARTS & ENTERTAINMENT EDITOR

Your heart is racing. Your fingers are rapidly typing. You have had about three cups of coffee and no bathroom breaks. And did we mention what you're working on is due in less than a half an hour?

No, I am not describing what it feels like to finish a paper last minute for class, but I am talking about the environment of being an associate producer at News 12 Connecticut.

I began at the organization as a news intern. I now currently hold the position of AP. Something that some people don't get the chance to have until post-graduation.

When I first became an AP in August, I was scared. Sure I had learned the ropes of what a real news station is like, but I was now going to be working under A LOT of pressure. Even though I had a lot of experience being an editor on The Spectrum Newspaper, this was very different.

I trained during the whole month of September, and I never thought I was going to make it. My confidence was continuously being shut down when I would receive message after message from the news director constantly correcting my stories.

The amount of times I cried in my car is unhealthy.

I doubted my ability to write, I doubted my ability as a journalist, and I whole-heartedly doubted myself as a media studies major.

Tuesday nights are my typical work shift, and I quickly became very familiar with the evening vacuum guy and the Chinese

restaurant down the street.

One night I was working with another AP, who is in her late 20s, and we were having a casual conversation about life. I will never forget what she said to me that day.

"I wish I did everything you are doing right now at my age. You know what you want, and you go for it. That's something people like."

And you know what, that is something I like about myself.

That night, I again, cried in my car. But this time, it was not in self-pity, it was a happy cry, if you will.

I have always wanted to be a well-rounded journalist, and it is extremely hard to put yourself out there as one. But, as an AP, the failures I encountered only meant that better times were approaching.

Now I can write segments in minutes, and assist producers in any way that I can.

When I set my alarm in the morning, it shows a little newspaper with a blue and yellow heart next to it. Blue and yellow represent the colors of News 12, and the newspaper for the writing aspect.

Corny, I know.

News 12 has not only become a family to me, but one of the best support systems I have ever had.

The best part? I don't even remember the last time the news director messaged me about a story I wrote about.

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday's issue. All submissions are subject to editing for spelling, punctuation, and length.

Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

CORRECTION: In the Nov. 11 issue, the "Tweet of the Week" attributed to @bribono was incorrectly stated. The correct author of the tweet is @emcr68 (Emily Creighton).

Also in the Nov. 11 issue, the article "FTMA Alumna Releases First Feature Film" incorrectly stated the director and co-writer of the film as Daniel Joseph Higgins. David Joseph Higgins is the correct name of the individual.

Features

Club Spotlight: SHU Sailing

BY KYRA DERSARKISSIAN
Staff Reporter

Among the many sports and activities at Sacred Heart lies the too-often-forgotten Club Sailing. Established in 2011, the university's club sailing team consists of members that range from beginners who are eager to become avid sailors, to seasoned racers that compete regularly.

The university's sailing club is an up and coming collegiate team affiliated with the New England Inter-Collegiate Sailing Association, uniting them with schools such as Yale, Brown, Harvard, Boston College, and several other schools within the New England area.

"Here on the Sacred Heart Sailing Team, we strive to have a lot of fun. We've come a long way and I'm glad to say that I have been a part of that. Every weekend we get to go out and travel to different states which is great," said junior rear commodore David Tampellini.

The team's sailing practices take place at Captain's Cove in Bridgeport, Conn., 15 minutes from main campus. The team asks members to commit to at least two practices per week that are held every Tuesday-Friday from 3:15 p.m. – 6:30 p.m.

The team has to take full advantage of the time the water isn't frozen, beginning their season the first weekend of the semester and regrouping once the warmer weather peaks.

"I didn't think it would be as physically demanding as it is but sailing is strenuous on the body for sure. The stronger the wind, the harder it becomes to sail," said sophomore Katherine Horne. "You need to be patient; it takes a while and doesn't come easy. It's a lot harder than it looks, patience is key."

There are two crucial positions when it comes to sailing. The crew, who sits in the front of the boat and is in charge of the jib, which is the smaller of the two sails; and the skipper who sits towards the back of the boat and controls the main sail and the rudder.

"It's easy to pick up on but it's taken me a year to get confident in what I'm doing. Now I understand the boat and how it works and what you have to do to be successful," said Horne.

Throughout the week, with help from coaches David White, Jill Fattibene and Ginny Worcester-Perry, the



PHOTOS COURTESY OF BRIAN REILLY, CAPTAIN OF CLUB SAILING

FROM LEFT TO RIGHT: KAYLIN HUEY, KATHERINE HORNE, BRIAN REILLY, DAVID TAMPELLINI, COACH GINNY WORCESTER-PERRY, COACH JILL FATTIBENE.

team prepares for regattas, which are usually held on the weekends. This past weekend the team hosted their last event for the season at their home marina.

"I love working with the team because it's so much fun to see their progress and to see how much they've improved throughout the season, but also their enthusiasm. It's a fun, social, and a physical sport as well," said Worcester-Perry.

The team also hopes to develop a Keelboat and offshore racing team that would compete at venues such as the US Naval Academy.

"The biggest thing this team has taught me is that there are so many other things out there that you may not even know exist and you never know how amazing they can be

until you try them. Sailing has taught me a lot about myself and I have found something I never plan on giving up," said Horne.

Along with the teams' plans to become better at sailing across different disciplines, they have also committed themselves to helping the environment.

"We sail in Bridgeport, and see first hand the effects of a poor relationship with the environment," said senior commodore Brian Reilly. "From picking up trash in the water and along the beaches that we sail, to having Bridgeport and Fairfield certify all future regattas as Clean Regattas, we are taking steps toward making our home a better place."

Sacred Heart Students Compete in Federal Reserve Bank Challenge

BY DAVID RUSSO
Staff Reporter

Each year the US Federal Bank District hosts an annual Federal Reserve Bank College Fed Challenge.

According to newyorkfed.org, "the College Fed Challenge is a competition designed to bring real-world economics into the classroom. Teams play the role of monetary policymakers by analyzing economic conditions and recommending a course for monetary policy."

On Oct. 30, a group of eight Sacred Heart students participated in this competition against 32 other schools in the New York district.

Senior Kenneth Arnold was the team leader as it was his second year participating in the event.

"The program is designed to test our critical thinking and analytical skills, being able to apply what we learned in the classroom to current economic principles," said Arnold.

The groups begin with a 15-minute presentation that aims to analyze the current economy and give recommendations for a proper monetary policy. This is presented to a panel of judges, which this year included New York Fed economists and expert staff of economics and monetary policy.

"Our team met weekly to do extensive research on the U.S. economy. We came up with a current analysis and forecast of what the Federal Reserve should do in the upcoming months regarding monetary policy," said Arnold.

As the team leader, Arnold broke the team into different sections and had each member looking at all the economic indicators and graphs that would contribute to what the team's overall recommendation should be.

Economics professor Gerry McCloghry has been involved with this challenge for 10 years, five of which were spent at Sacred Heart. "Overall I could not be more pleased with their effort, work ethic, and seriousness of



PHOTOS COURTESY OF KENNETH ARNOLD

purpose," said McCloghry.

The challenge is intended to promote interest in economics, build a relationship between students, teachers, and the New York Fed, and increase the understanding of macroeconomics and the role the Federal Reserve plays in setting monetary policy and ensuring financial stability, according to newyorkfed.org.

Unfortunately Sacred Heart's team did not advance to the next round, but did receive a competitive score. No

team from Sacred Heart has ever advanced but they move closer each year as more students join.

"They were excellent ambassadors of Sacred Heart University and the Welch College of Business is proud of their success," said McCloghry.

Co-News Editor Ally D'Amico contributed to this article.

Features

Campus Ministry Volunteer Event: Serve & Shop

BY SPENCER STOVELL
Staff Reporter

Sacred Heart University's campus ministry has created a new volunteer initiative called Serve and Shop. On Dec. 5th the ministry is scheduled to travel to Mystic, Conn. where students will have an opportunity to give back first and shop after.

"The reason that the word serve is placed in the title first is because it's the primary focus for that day," said campus minister Lorraine Morrone.

The campus ministry has organized several other events, one being a new retreat, called "The Island Getaway," held at Enders Island in Mystic Conn., last September. The ministry partnered with Sacred Heart's Volunteer Program and Service Learning. The trip was the first time they tried the retreat format of taking students on a day trip.

"The theme was all about social justice. We made baskets with personal items and they would be dropped off at various families in Bridgeport, Conn., with the help from VPSL and students," said Morrone.

The first stop students are expected to visit while in Mystic is a nursing facility named Apple Rehab.

"We coordinated this with Barbara Millerick. She

is the recreation director of the facility and she has a coffee social on Saturday mornings. We are going to go and serve them coffee and assist the director with her morning activities," said Morrone.

Students who want to participate with this event can fill out a registration form or get in contact with the campus ministry, located in room SC125.

"The reason I decided to be a part of Serve and Shop is because I love doing community service," said sophomore Katherine Seckler. "I think it's important to visit people during the holidays because their families don't live near by. This is actually the first year we will be doing this so I'm very excited."

While visiting, students will be singing Christmas carols and will also read the residents a book called, "The Silver Box," by Jill Hardie.

"This is a story of a family who puts a silver box on their mantel every Christmas. They fill that box with notes describing the service that they performed leading up to the Christmas holiday. They help the homeless, and collect donations for clean water in Africa," said Morrone.

Students will give residents a wooden prayer cube designed as a square block of wood, and written on each side is a specific prayer.

"They can put these blocks in their rooms and use them to pray with their families who visit. We are

going to put it in a gift bag and give it to the elderly. Then we end with a closing prayer service," said Morrone.

The day won't end after visiting Apple Rehab. Students will have the opportunity to visit Mystic Village, an outdoor shopping area where they will be able to explore and shop.

"What makes this village special is the variety of stores and unique shopping experience. Students will have choices of three restaurants in walking distance of Mystic Village," said Morrone.

Students can begin early Christmas shopping while spending the day in the village.

"The last stop is Clyde's Cider Mill which is a working mill. I think they make the best cider in southeastern Connecticut. They also sell fruit pies, jam, donuts and you can pick up novelty gifts," said Morrone.

This trip is a new initiative at Sacred Heart. If the first run this year is successful, it will give the ministry encouragement to offer more opportunities for service trips in the future.

"I think it's so important to give back during the holiday season because I've been blessed with so much and not everyone else is. I'm fortunate to be at Sacred Heart and I love making a difference in people's lives," said Seckler.

Almost Time to Hop on the RydeHopper App

Columbia University MBA Student creates new ridesharing app

BY CLAUDIA RUIZ
Staff Reporter

Colombia University MBA student Nelson Azoulay has created a safer option for both students in need of a ride and people looking to make quick money. He has done this by launching a new iPhone application that focuses on the college population of Connecticut.

The app, RydeHopper, is a ridesharing platform that is exclusive to college affiliates in the state of Connecticut. It matches up drivers and riders that are looking to travel in the same direction.

Azoulay's reason for creating this app stems from his experience with finding rides throughout his time in college.

"While in college, I had difficulty finding reliable rideshares because there was no user-friendly platform," said Azoulay. "My plan for this app is to provide safe, affordable and convenient transportation to the college

population."

Azoulay purposefully aimed to make the app extremely easy to sign up for. Registering requires an .edu address coming from a Connecticut college, and payments are made on the app via credit or debit card. Riders and drivers post their own rides and the distance of these rides will range as far as needed.

Many college students today primarily use Uber, an app that, like RydeHopper, is made for receiving rides.

Despite these apps being similar, students are excited for RydeHopper to become available in the app store.

"Many times when I call an Uber, it feels like I'm waiting forever for it to arrive," said sophomore Briana Kelly. "I think that having drivers who are going the same direction as you will shorten the time we have to wait for a car."

Like Kelly, other students are also excited to have a fresh new app to use for rides.

"This is definitely an app that I would use during my

weekends at Sacred Heart," said sophomore Danielle Guth. "Even though I use Uber frequently, I am excited to have a new option."

Even alumni of universities in Connecticut outside of Sacred Heart have heard about this app and wish they could have been in school while it was coming out.

Azoulay started developing RydeHopper in early June, and the app will be launching in a few weeks.

Although the app will soon launch, Azoulay's work is not finished. He is currently looking for college ambassadors to join him and his team. Anyone interested in a position can contact Azoulay at nelson@rydehopper.com.

Whoever joins the team as a college ambassador will be compensated for any work that they do for the app.

"The purpose of having college ambassadors will be to spread the word about RydeHopper," said Azoulay. "They will be compensated based on the number of users who download the app with their assigned invite code."



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HI-248-A	ROMAN EMPIRE & CHRISTIANITY
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Online

CH-130-AO	CHEMISTRY OF NUTRITION
CJ-232-AO	POLICE COMMUNITY RELATIONS
CM-101-AO	INTRO TO MEDIA CULTURE
CM-257-AO	WOMEN & ADVERTISING
EX-253-AO	PATHOPHYSIOLOGY & PHARMACOLOGY
FLO-125-AO	THE ART OF THINKING
MK-201-AO	PRINCIPLES OF MARKETING
PH-221-AO	HISTORICAL DEV. OF PHILOSOPHY
PH-221-BO	HISTORICAL DEV. OF PHILOSOPHY
PS-110-AO	INTRODUCTION TO PSYCHOLOGY
PS-201-AO	RESEARCH DESIGN & ANALYSIS I
PS-211-AO	HUMAN SEXUALITY
PS-241-AO	PSYCHOLOGY OF PERSONALITY
PS-252-AO	CHILD DEVELOPMENT PSYCHOLOGY
PS-335-AO	HUMAN & ANIMAL LEARNING
PS-351-AO	BRAIN AND BEHAVIOR
SM-265-AO	SPORT MARKETING
TRS-265-AO	INTRO TO WORLD RELIGIONS

Session B: Dec. 21 - Jan. 15

Online

AN-110-AO	HUMAN CULTURAL DIVERSITY
CJ-246-AO	ORGANIZED CRIME
CM-299-AO	SOCIAL MEDIA AND BODY IMAGE
CS-106-AO	INTRO TO INFO TECH./BUSINESS
EC-202-AO	PRINCIPLES OF MICROECONOMICS
IS-272-AO	DYNAMICS OF INFO TECHNOLOGY
MGT-257-AO	BUSINESS ETHICS
MK-299-AO	SOCIAL MEDIA MARKETING
MU-102-AO	HISTORY OF JAZZ
PO-121-AO	INTRO TO AMERICAN GOVERNMENT
TRS-201-AO	INTRO TO THE OLD TESTAMENT
TRS-299-AO	PILGRIMAGES THEN AND NOW

Session C: Jan. 4 - Jan. 15

Fairfield

CM-102-A	INTRO TO MEDIA PRODUCTIONS
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Online

BI-103-AO	THE HUMAN BODY
CH-120-AO	DRUGS & THEIR IMPLICATIONS
CJ-209-AO	THE AMERICAN LEGAL SYSTEM
CM-101-AO	INTRO TO MEDIA CULTURE
CM-299-BO	ALCOHOL ADVERTISING
CS-100-AO	INTRO TO INFO TECHNOLOGY
DA-100-AO	INTRO TO DANCE HISTORY
EX-100-AO	INTRO TO EXERCISE SCIENCE
EX-255-AO	NUTRIT. ASPECTS/HEALTH & PERF
HI-223-AO	US HISTORY SINCE 1865
MGT-202-AO	ORGANIZATIONAL BEHAVIOR
MK-205-AO	ADVERTISING
MK-299-AO	CONSUMER BUYING & FASHION
PH-251-AO	INTRO TO ETHICS
PS-212-AO	ABNORMAL PSYCHOLOGY
PS-299-AO	HEALTH PSYCHOLOGY
SO-110-AO	SOCIOLOGICAL IMAGINATION
TRS-265-BO	INTRO TO WORLD RELIGIONS
TRS-299-BO	AUGUSTINE'S CONFESSIONS

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Arts & Entertainment

ARTIST CORNER



(LEFT) "LIGHTHOUSE IN MYSTIC" AND (RIGHT) "SPIRAL JETTI - THE GREAT SALT LAKE, UTAH"

PHOTO COURTESY OF ALEXANDRA DIAGONALE '19

"A Head Full of Dreams"

A look into Coldplay's upcoming album and their latest single

BY BRITTANY EGER
Staff Reporter

On Dec. 4, the British rock band, Coldplay, is expected to release their new album entitled "A Head Full of Dreams." This will be their seventh album to date.

In an interview with BBC Radio 1, lead singer, Chris Martin, described the new album as "the sound of us being free and happy and very grateful to be in our group."

The mood of the new album is evident in the band's new single, "Adventure of a Lifetime." The song has an upbeat, techno, disco feel to it, which is different from Coldplay's previous album "Ghost Stories" with its colder tone.

"I have never been a fan of Coldplay but surprisingly I like their new single 'Adventure of a Lifetime.' I thought it was going to sound just like every other song of theirs but it was more upbeat," said senior Kaitlin Pupa.

Other students were never curious about Coldplay's music until recently.

"I don't really listen to Coldplay, it's not my favorite type of music but after hearing their new single I'm interested to see what the rest of their album will sound like," said junior Haley Blanchard.

According to sydnymorningherald.com there has been a lot of speculation on what the inspiration behind "Ghost Stories" was. Many people believe the cold, dark tone of the album had to do with Martin's recent divorce to wife Gwyneth Paltrow.

When performing for the Star Event Centre in Sydney, Australia, the group addressed the subject to the audience.

"So just between you and me, I'll tell you a lot of it is about when you go through something a little difficult, and you understand that by staying with it you reach a place of love and happiness and come through on the other side," said Martin during the performance.

It seems as though the new album, "A Head Full of Dreams" is the continuation of what Martin is explaining as a healing and renewing.

Martin and Paltrow were together for ten years before



AP PHOTO

LEAD SINGER CHRIS MARTIN AND LEAD GUITARIST JOHNNY BUCKLAND PERFORMING DURING A SHOW

the announcement of their divorce.

"Up to a certain point in my life I wasn't completely vulnerable and it caused some problems. If you don't let love in then you can't really give it back. So what 'Ghost Stories' means to me is like, you've got to open yourself up to love and if you really do, of course it will be painful at times but then it will be great at some point," said Martin according to billboard.com.

The album artwork for their new single "Adventure of a Lifetime" features psychedelic images and a radiance of different colors. The new album "A Head Full of Dreams" also features the same type of visuals.

"A Head Full of Dreams" also comes with a new surprise. It features collaborations with artists such as

Beyoncé, Noel Gallagher, Tove Lo and Merry Clayton.

"I'm excited to hear the Beyoncé collaboration on Coldplay's new album. I think it will be good for Coldplay because Beyoncé is so popular. I'm curious to hear what she sounds like with them," said sophomore Annie Fang.

According to billboard.com the band is planning on this to be their last album. Nothing has been set in stone, but Martin has hinted that Coldplay is nearing the end of its run.

No tour dates have been scheduled yet according to the band's official website.

Coldplay's latest single "Adventure of a Lifetime" is available for purchase on iTunes as well as their upcoming album which is on preorder.

Arts & Entertainment

“Twelfth Night”

Sacred Heart Theatre Arts Program’s Latest Production

BY MOLLY DILLION
Staff Reporter

The Shakespearean comedy “Twelfth Night” is coming to the Sacred Heart University stage. Starting Thursday, Nov. 19, the Theatre Arts Program will bring the classic characters to life.

This is the first time Sacred Heart Theatre Arts will be performing a Shakespearean production.

This play combines romance with comedy entwined in a twisted plot filled with confusion and mistaken identity. The characters are all connected to each other in some way without knowing so.

“This is a play about love,” said sophomore production manager Ruthie Phillips. “Orsino, the Duke of Illyria, is in love with Countess Olivia, while the shipwrecked Viola falls in love with the Duke working for him disguised as a man named Cesario.”

Many other factors make for a plot that will, according to cast and crew members, engage the audience.

“It gets even more tangled as the other characters have their own magical part in making this play very amusing,” said Phillips.

The plot of this show follows protagonist Viola, a shipwrecked woman, who disguises herself as a man to work for Duke Orsino of Illyria. Viola falls in love with Orsino, but Orsino is in love with Olivia, a beautiful countess.

The story only gets more confusing when Viola’s twin brother Sebastian comes into play and complicates the theme of mistaken identity even more.

“I liked this show because it is serious yet funny at the same time. Everyone is connected to someone for some reason,” said Phillips. “The web of figuring out who is who and who loves who is what makes this play special.”

The love triangle between Orsino, Viola, and Olivia is



PHOTO COURTESY OF EDGERTON THEATRE ART PROGRAM
PREPARE TO BE CONFUSED BY GWEN MILETI, WHO PLAYS VIOLA IN “TWELFTH NIGHT”

not the only story within the plot of the play. The other characters in the show, who work in Olivia’s household, create a comical subplot of their own.

Olivia’s uncle, Sir Toby Belch, a squire named Sir Andrew Aguecheek, her servants Maria and Fabian, and the clown Feste all conspire together to try to fool Olivia’s steward, Malvolio, into believing that she has fallen in love with him.

The scheming house workers write a letter to Malvolio, signing it as though it is from Olivia and making him do ridiculous things in order to win her favor.

“I liked this show because Shakespeare’s comedy has a way of having different stories intertwine with each other,” said freshman Bradley Taylor, who plays the role of Feste the Clown. “Stories zip by each other occasionally meeting each other and hilarity ensues while they all tie together in the end.”

“Twelfth Night” has also been the inspiration for many modern films. The 2006 movie “She’s the Man” modernizes the play with stars such as Amanda Bynes, and the films “Shakespeare in Love” and “V for Vendetta” also make references to the play.

The cast members are excited for this show to premiere on Sacred Heart’s stage.

“I liked this show because it’s Shakespeare. This is the first time that the Theatre Arts Program is doing a Shakespeare play and, for me, I felt that it would be amazing to be a part of a Shakespeare production,” said senior Joseph Heenan. “This is also my final show as an undergrad at Sacred Heart, so it seemed like a good note to leave on.”

The show will have its opening night at the Edgerton Theatre for Performing Arts on Thursday, Nov. 19 at 8 p.m. They will also have shows on Friday and Saturday night at 8 p.m. and a Sunday matinee at 3 p.m.

To raise money for the Thanksgiving Food Drive, the Edgerton Center is offering \$1 tickets to students who donate a canned food item. For more information visit edgertoncenter.org.

“The Pride of Sacred Heart”

Sacred Heart University’s Band Program

BY KELLY DALTON
Staff Reporter

As Sacred Heart University students prepare for the change of seasons, the University Band is looking forward to a new season as well.

The band is making the transition from their fall marching band season to their winter pep band season for Pioneer basketball and hockey games.

This year’s marching band has been performing a wide variety of pop music from artists such as Beyoncé, Kelly Clarkson, Meghan Trainor, and Taylor Swift. The performances feature a dance routine, typical to marching band performances.

Many of the band’s members were satisfied with this year’s field show and enjoyed playing the popular tunes while they marched.

“I thought it was cool that we performed pop music, instead of classical or show music. I think that is much more pleasing for the crowd and enjoyable for us,” freshman Victoria Mescall.

During the fall season, the marching band performs at halftime for all home Pioneer football games. They also play pump up tunes in the stands.

Along with football games, the band has the opportunity to play in multiple parades

and events, such as high school exhibitions, during the semester.

Many students enjoyed the season and the events that the band performed at over the semester.

“I really had enjoyed the fall season because being on the other side and not being a freshman has enhanced my experience during the half time show,” said sophomore Sarah Sullivan.

After a successful fall, the band will soon make the transition into their winter pep band season.

The band will be seen at any home basketball and hockey games playing to pump up the crowd. Some songs the band will perform are “Hey Baby,” “I Want You Back,” and “Shipping Off to Boston.”

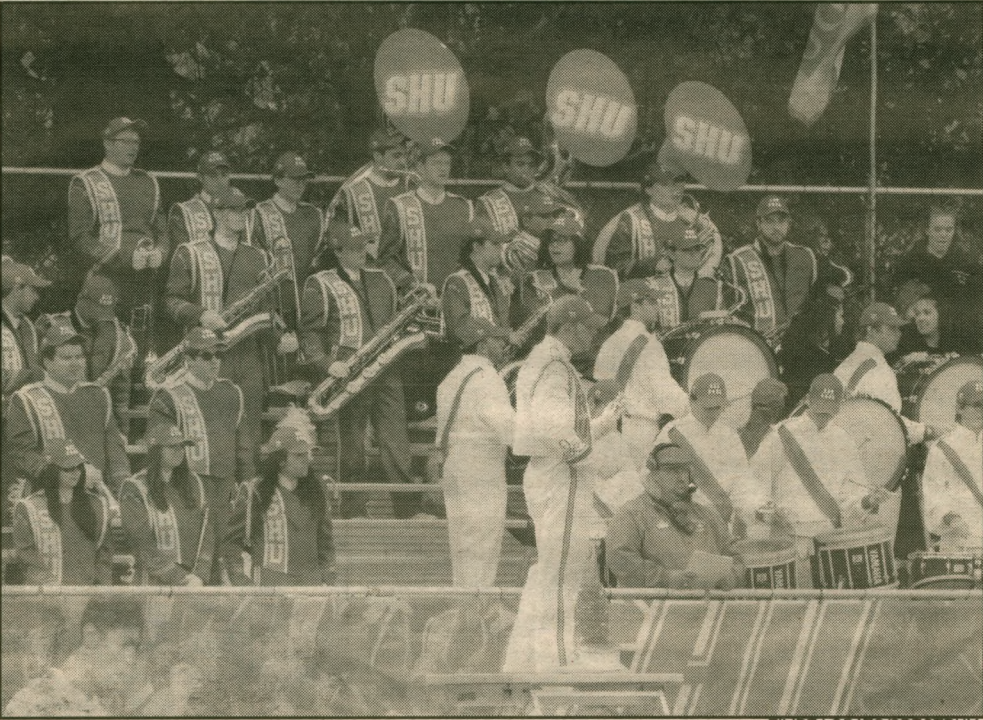
“I think it is a good transition. The transition is much smoother than from last year. I personally love marching band and pep band,” said sophomore Josh Scaringe.

As part of the performance during basketball, Heartbeat Percussion, a group made up of students in the drumline, will perform a special halftime performance at every home game.

This will hopefully start a new tradition at the games.

“This group will be a Stomp-esque percussion ensemble that will perform at halftime of home basketball games,” said assistant director of bands Andy Kolar.

“We are very excited.”



FILIFE LOBATO/SPECTRUM

SACRED HEART BAND KEEPS SPIRITS UP AT THE FOOTBALL GAME

During the winter season, the band will also be performing in multiple concerts with their first show on Dec. 5.

The winter season will also take the University Band on several trips, both nationally and internationally.

“We are really looking forward to our third international performance tour. We will visit SHU’s Campus in Dingle,

Ireland and will also travel to Dublin. Our percussion ensemble will be performing at the CT Percussive Arts Society Day of Percussion, and our Winter Guard will be competing in Dayton, Ohio for WGI World Championships,” said Kolar.

Check out the band at home basketball and hockey games while you root for you Sacred Heart Pioneers.

Sports

Ponging For Hunger Brings Athletes Out For a Good Cause

BY CHRIS CAIOZZO
Staff Reporter

Sacred Heart students piled their way into the William H. Pitt Center on Nov. 12, as SAAC hosted their third annual Ponging for Hunger event.

Ponging for Hunger is a water pong tournament in which students can come to the Pitt Center and play water pong for a good cause.

Students who played had to bring 10 canned food items as an entry fee. These goods are going to inner-city churches, which will distribute them to underprivileged families.

SAAC, which stands for Student Athletic Advisory Committee, is an organization for Div. I athletes.

"It's a voice for student athletes," said senior president Connor Donnelly. "It gives a channel to student athletes to voice what's going on in their sport and give back to the community."

Over 30 teams participated in the event, resulting in over 300 canned goods donated to the Bridgeport community.

This event wasn't restricted to solely Div. I athletes, as any member of the Sacred Heart community could have come down to play. However, many Div. I teams showed up and supported SAAC.

Co-vice presidents Doug Dzema and Jake Friar, both juniors, were the event team that organized Ponging for Hunger this year.

"We are working through community service efforts, trying to make the events for athletes and non-athletes here fun," said Friar.

Athletes who join SAAC become a part of the organization for various reasons.

"I joined my freshman year," said Dzema. "My teammate at the time, Enzo Mackenzie, was the president and told me it was a great program to join, as well as a really great way to be heard."

Donnelly is on the mens golf team at Sacred Heart and is the co-president of SAAC with junior Kelyn Filmore. He is also a divisional representative of the whole Northeast



PHOTO COURTESY OF SARAH KRUFKA
SARAH KRUFKA AND KIKI ROBINSON ENJOYING WATER PONG TOURNAMENT AT THE PITT CENTER

Conference.

"I report to Indianapolis twice a year, to meet and go over things at the NCAA office," said Donnelly.

Donnelly also meets with every president of SAAC in the NEC every so often so he can report back to the NCAA office.

Sacred Heart's SAAC program puts on many events, like the Athlete Auction which is a "fan favorite" according to Friar.

That event is also open to every student at the university, not just athletes.

"Every team gets two representatives, to come out on the cat walk, they're introduced, given a biography and auctioned off," said Friar.

The money that the auction winners spend to buy the athletes is donated to the Lucy Cox Foundation and the event as a whole is "a lot of light-hearted fun," said Friar.

Another event put on by SAAC is the Breast Cancer awareness walks.

"We are always trying to work on new events," said Donnelly.

For Donnelly, even though he is a senior, this is isn't the end of the road.

"As a freshman, I was on E-board as a student representative, and then my sophomore year I came onto a bigger leadership role, and now I have been president the last two years," said Donnelly.

After he graduates Sacred Heart, Donnelly wants to go into a career dealing with college athletics, and feels like SAAC has prepared him to take this path.

"If it wasn't for me joining my freshman year and being on E-board, I probably wouldn't have got the opportunities I have had," said Donnelly.

Dzema, who is on the volleyball team, and Friar, who is on the baseball team, say that they love representing their teams and hearing what their teammates have to say.

"It's good to get involved in a government type of system at school," said Friar.

Cross Country Teams Compete at Northeast Regionals

BY WILLIAM CALLAHAN
Staff Reporter

The Sacred Heart men's cross country team posted a 31st place finish in the NCAA Northeast Regionals at Franklin Park on Nov. 13.

The Pioneers improved on their 39th place finish from last year's NCAA Northeast Regionals. They also competed without injured Northeast Conference champion Sean Ferguson.

"It was just an unfortunate event," said sophomore Trevor Guerrerra of Ferguson's injury.

Guerrerra led the way for Sacred Heart, finishing in 101st place overall out of 255 runners in the 10k event. Guerrerra's finish time of 32:35.7 was 107 spots better from a year ago and ranks among the best finishes in school history in fastest 10k finish times, sitting him in fourth place.

Sophomore runners Timothy Loehner and Andrew Handfield were also top finishers for Sacred Heart. They ran times of 33:15.5 and 33:36.4, respectively. They finished in 152nd and 171st place and now stand side by side in 11th and 12th place in school history of fastest 10k finish times.

"I think the race could have gone much better," said Guerrerra. "Loehner, Handfield, and I all made significant improvements from last year but we needed more people to step up and it wasn't there. Nevertheless, we still improved on our finish from last year so that's a positive outcome."

Sacred Heart raced all underclassmen on Friday, racing five sophomores and one freshman. Sophomores Joseph Klein and Bryan Reilly finished at times of 37:29.9 and 37:36.8, while freshman Sean Kildare finished at 36:01.8.

"I think that we could have placed higher as a team if we could close the gap between 1 and 5," said Guerrerra. "We are still really young and we have a really strong group



FILIPPE LOBATO/THE SPECTRUM

WOMEN'S CROSS COUNTRY TEAM BEING HONORED DURING LAST WEEKS GAME

coming in next year which will significantly help us."

"Overall this was a learning experience for the new guys to come back more experienced next year and show the rest of the NCAA what they're made of," said Guerrerra.

On Friday, the women's cross country team finished in 24th place out of 37 teams. They were led by junior Jennifer Hahne.

Hahne cracked the top 100 finishers by placing 84th out of 256 runners. She recorded a 6k finish time of 22:25.3, just two seconds short of her personal best.

"I thought I did pretty well today," said Hahne. "My time wasn't what I was hoping for but the course was slower than last year."

Seniors Shannon Hickey and Alexandra Kaeslin were the top Sacred Heart finishers behind Hahne, finishing in 128th and 129th place, respectively. Hickey finished with a time of 22:59.5 and Kaeslin with a time of 23:00.3.

"We have some of our top runners either sick or injured, so that didn't help our overall score," said Hahne. "I was still very proud of how our team pulled through with these setbacks."

"Regionals have always been a very intimidating atmosphere," said Hahne. "Some of the elite teams in the

nation were running with us to qualify for the NCAAs and that intimidation factor only helped us get into a serious mindset about the race."

The three-time reigning conference champions also competed with three runners running in their first NCAA Northeast Regional.

Junior Molly Barker led the three with a finish time of 23:17.7, creating a new personal best. Sophomore Kate Svensen finished in 158th place, 10 spots behind Barker at 23:25.7 and junior Meghan Hutch finished in 175th place at 23:41.2.

"The weather today wasn't ideal, being extremely windy and all, but it was not terrible," said Hahne. "We have raced in worse conditions and I do not think that impacted our race today."

"With the recent rain, the footing in the woods was a little difficult, but not too bad," said Hahne. "This definitely was not our best race, but everyone did run with heart, and to me that's what matters most to get you through racing."

The next stop for the men's and women's cross country teams will be the ECAC/IC41 Cross Country Championships, hosted at Van Cortlandt Park in the Bronx, N.Y. on Saturday, Nov. 21 at 9:30 a.m.

Sports

Pioneer Basketball Set For Double-Header Against Stags

BY OSEDEBAMEN IMEOKPARIA
Staff Reporter



LIZ MASTRACOLA/SACRED HEART UNIVERSITY
ADAYSHA WILLIAMS STARTS A PIONEER ATTACK

Are you ready for some hoops? The Sacred Heart men's and women's basketball teams have kicked off their seasons.

Both teams have early season rivalry games against Fairfield University. The Pioneers will take on the Stags on Nov. 21 at Webster Bank Arena. The women's game will start at 5 p.m. and the men's at 7 p.m.

This will be the first time that both men's and women's basketball teams play Fairfield in the same season since 2009. The Pioneers are looking to start the season off on the right foot with a win against the Stags.

Sacred Heart University and Fairfield University came to an agreement last year that both men's and women's will play in the 2015-2016 season. The men's team last played the Stags in the 2013-2014 season, while the women's last head-to-head competition was in 2009-2010.

The two schools are about five miles apart and basketball is not the only thing they compete in.

"I think one thing is the schools are obviously so close," said head men's basketball coach Anthony Latina. "I think it goes beyond basketball with the rivalry of Fairfield. I talked to people in admissions and they recruit against Fairfield for regular students, so I think there is a natural campus rivalry and that's why it's so well attended. Both student bodies really kind of one up the other."

The student body always gets involved when Sacred Heart University plays Fairfield.

"It really builds from the campuses maybe kind of competing with each other and outdoing each other on game day. I'm proud to say that our fans have consistently outdone Fairfield fans. Now we have to outdo them on the court," said Latina.

The last time the men's team met it was in front of 5,060 fans, setting a series record.

Women's head coach Jessica Mannetti will be taking on the Stags for the first time in her three years at Sacred Heart. The Pioneer women are coming off a 16-13 season and look to kick this year off right with a win against rival Fairfield. They first played Fairfield in the 1975-1976 season.

Senior Alissa Tarsi and junior Adaysha Williams are just a few of the Pioneers' returning players this year looking to lead their team. They are both looking forward to the game

against the Stags.

"It's exciting," said Williams. "We've been waiting for this match-up for a while. The boys always get to play them and it's nice to be able to go up against them in the double header. We get to find out who the queens of Fairfield are."

"This will be a good test to earn some bragging rights from the cross town rival," said Tarsi. "It can gain us good momentum on the season. They're in a pretty similar playing field, so it should be a good test."

The men's team is coming off a 15-17 season from last year, a ten game improvement from the year before. The team is looking to continue this progress.

"I think part of it is basketball, part of it mental, and part of it is team building, developing leadership and developing roles," said Latina. "But you know, it's really no secret: it's good old-fashioned hard work," said Latina.

This will be Latina's second time facing the Stags. The first time the Pioneers and Stags met on the men's side was in 2008.

The Sacred Heart men's team is led by graduate student Jordan Allen and sophomore Cane Broome.

"A win against a rival is great for morale," said Latina. "I don't think if we win the game it makes our season, and I don't think if we lose it kills our season. It's about momentum. You get a win, then you get a couple wins, and it builds momentum."

The team is looking to get a win in front of a significant crowd and build from it.

"It will be a very well-attended game, with a lot of students there. And if we do play well and win the game I think it will create a little more excitement on campus. I think that's the biggest value for that game other than winning it," said Latina.

Women's Volleyball Readies For NEC Tournament

BY DIANA CANNIZZARO
Contributing Writer

The Sacred Heart University Women's Volleyball team traveled to Brooklyn, N.Y. to face the three-time defending NEC champion Long Island University Blackbirds. As Sacred Heart, LIU, Bryant, and Robert Morris University all have clinched the NEC tournament berth, this matchup was great preparation for the tournament next weekend.

Sacred Heart started off strong in the first set, determined to stop the nine-game winning streak that LIU was having. However, between the Blackbirds blocking and the errors incurred, the Pioneers fell short. Sacred Heart was able to stop LIU's lead at times and tie twice in the final set, but could not find a way to seal a victory.

Following the match, Sacred Heart senior captain Katie Drenzo and Coach Rob Machan, respectively, took a moment to speak with the media.

Drenzo:

Q: What did you need to look out for today against LIU?

A: LIU is really scrappy. They never let anything drop, even when the ball is close or out. They are really good with in and out calls, and if they play it they commit to every ball.

Q: What did you learn in today's match that you need to bring forth with you in order to prepare for the tournament?

A: We just need to bring that fight. We need to keep it up the whole time; we can't let up one bit or people are going to take advantage of that and push forward more than we are and that's what's going to kill us.

Q: You and your team fought hard, where did you struggle?

A: I think we just struggled, like I said, when we let up. We gave them a chance and they got hope. Once they get hope they're going to fly with it. That's what we do when we get hope, so I think we just need to keep on and keep the pressure.

Q: Describe your emotions as you head towards the conference tournament.

A: After this game there is obviously some lower emotions I guess you could say, but we turned those into positives. We're going to use it and use everything we learned from this whole season. We've had a great season going into this tournament. I think we are in a great position to do well and succeed, so my emotions are positive. I am very excited.

Machan:

Q: You're approaching the conference tournament; how do you prepare your team for these final matches?

A: We've been preparing hard all year for these final matches, and I actually think we are prepared to do well, it's just a mindset we have to get right. It's difficult, you play the conference champions, they've been conference champions three years in a row now. I think we came out real strong and started to feel pretty good but a couple bad things went against us and I think we sort of lost our way a little bit.

Q: Where does the team have opportunity and how are you handling that?

A: Our opportunity for growth I think is our rotations four through six, Sarah's [Kruska] been very good for us all year long. She struggled a little bit in this match, but I think we can take some pressure off of her in the other rotations and that would really help us. I think we have some athletes playing really well. It's just sort of putting it together at the end.

Q: Does your strategy change now that you're going towards the tournament? Do you go about it the same way as you do all season or does that change now that you're qualified (for the conference tournament)?

A: We try to have the same way of going about it all year but we are trying to do some things we might not have done knowing that we're already in. We are trying to practice them for the tournament, that's probably the only thing different. You saw Maddie Losure on the right a little bit tonight [Saturday]. She had a big block on the right and hadn't played there too much. It is kind of worth us to play her into/for the tournament, that's one of the things we're doing differently.

The Sacred Heart women's volleyball team will play Nov. 21 and 22 in the Northeast Conference Tournament. Their opponent is still yet to be determined.

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CANE BROOME GOES FOR THE SHOT IN A PIONEER ATTACK

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